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HERO CHARM
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{page 16}

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TORONTO metro®
Tuesday, July 19, 2011
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News worth sharing.

Mayor challenged to reveal budget cuts

Public works committee avoids explicitly backing or rejecting consultant's reductions

Mayor Rob Ford's council opponents are daring him to lay his budget cuts on the table after the first committee to consider a KPMG report neither explicity endorsed nor rejected any of the consultant's suggested cuts.

"Until we get the mayor's budget, this is a lot of talk," Coun. Gord Perks told fellow public works committee members yesterday during a meeting that lasted almost eight hours and heard more than two dozen public deputations.

At the end, Ford allies voted to push forward KPMG's controversial suggested cuts in the public works budget, but to ask city staff to find possible efficiencies to stave off reduced street-sweeping and snow-plowing, including an end to the clearing of snow ridges left by plows at the end of suburban driveways. The committee also signalled it doesn't want to end fluoridation of drinking water.

Voted down or ignored were pleas to save the city's ambitious recycling target, annual Environment Days, a service to pick up household toxic waste, and the current "scale of bike infrastructure."

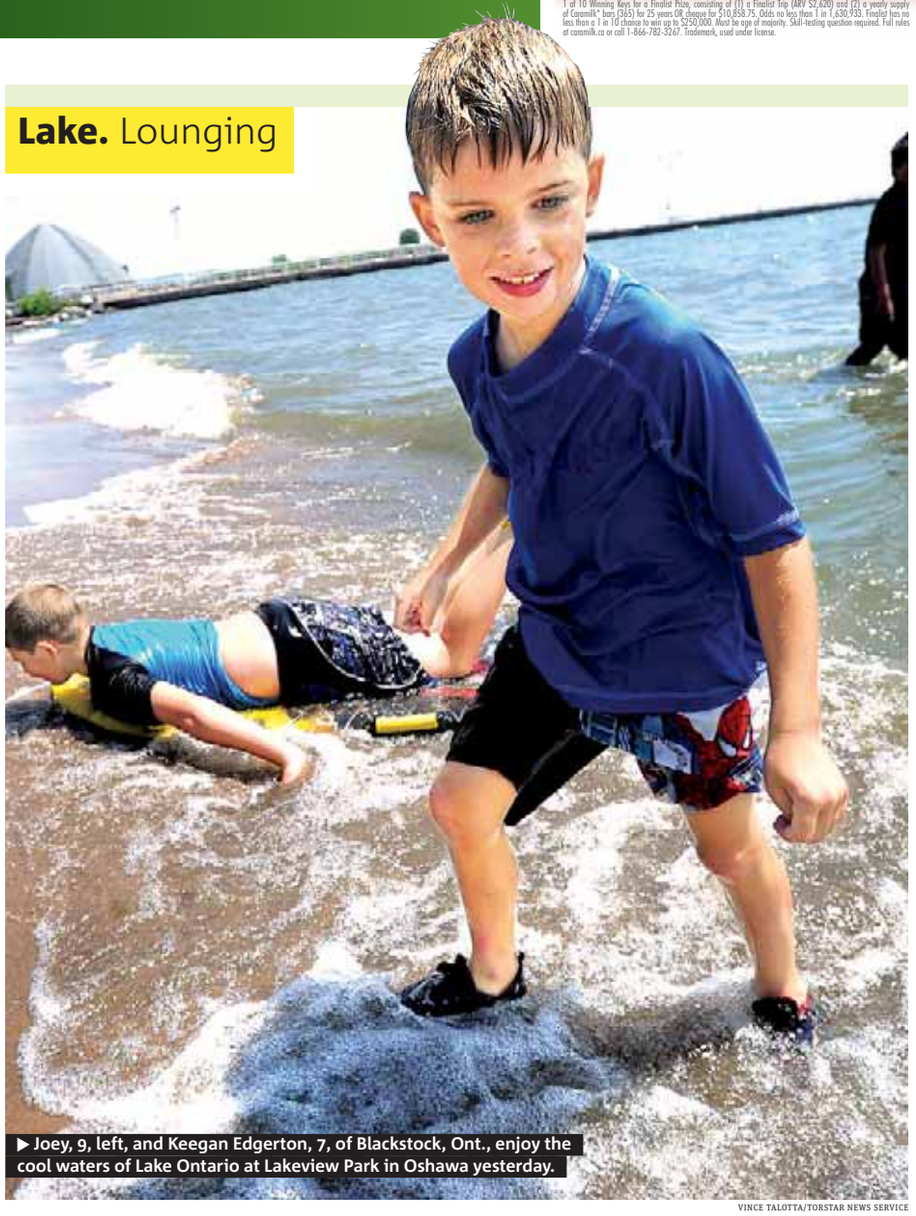
"The mayor of Toronto has been in office almost eight months and he still hasn't given us a clue where any of the savings that he promised us are going to come from."
COUN. GORD PERKS

Coun. David Shiner's successful motion was crafted in the corner of the room with input from Ford's policy chief, Mark Towhey.

The public works chair, Coun. Denzil Minnan-Wong, defended not explicitly rejecting or endorsing any of the consultant's suggested cuts before sending them on to Ford's powerful executive council, which will consider them Sept. 19 and recommend a budget to council a week later.

TORSTAR NEWS SERVICE

Lake. Lounging



▶ Joey, 9, left, and Keegan Edgerton, 7, of Blackstock, Ont., enjoy the cool waters of Lake Ontario at Lakeview Park in Oshawa yesterday.

VINCE TALOTTA/TORSTAR NEWS SERVICE

City still scorching after heat alert lifted

Toronto has ended a heat alert that was issued over the weekend. Environment Canada says a humidex advisory remains in effect. The heat alert was issued Saturday as hot and humid weather was forecast in southwestern and south-central Ontario. Temperatures are expected to reach the mid 30s later in the week.

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Merging EMS a bad idea: Critics

Paramedics say city needs more ambulance workers, not fewer
Part of KPMG report

DAVID COOPER/TORSTAR NEWS SERVICE

▶ Geoff MacBride

Merging Toronto fire and emergency services, as proposed in a consultants' report on core services commissioned by City Hall, may save the city a few dollars but it won't benefit patients unless more paramedics are hired, critics say.

"We could use another 150 to 200 paramedics tomorrow, just to be able to provide the quality of service that we would like to maintain," said Geoff MacBride, president of the Toronto Paramedic Association.

The number of emergency patients has risen by 47 per cent over the past decade, yet Toronto Emergency Medical Services has hired only 10 additional paramedics since 2002, EMS says.

As a result, paramedics reach patients in critical condition within the standard nine minutes only 62 per cent of the time, down nearly one-quarter since 1997.

As part of the city's response system, both fire and emergency services are dispatched to life-threatening calls and the higher-funded fire department is often first on the scene.

But this doesn't mean patients are getting appropriate help, says Mark Ferguson, paramedic and president of CUPE local 416.

"Firefighters are great and should be fighting fires.

"But when it comes time to treat patients with medical needs, you want a trained paramedic at the scene, not a firefighter," he said.

Both Ferguson and MacBride say staff shortages also mean paramedics are asked to take calls in the 14th-hour of their shifts or to forgo their lunch breaks because emergency calls are pouring in.

"We are seeing significant burnout in ability to provide quality care because we just don't have enough time to do it, because there are calls waiting for us at all times," MacBride said.

Despite numerous requests, EMS declined to comment on the paramedic staffing situation.

Spokesperson Wynna Brown said she cannot discuss the possibility of a merger at this time.

MARIANA IONOVA/FOR METRO

TORSTAR NEWS SERVICE

▶ EMS responds to a shooting in Oshawa this month. Mayor Rob Ford hired KPMG consultants in the spring to conduct a thorough analysis of what services the city provides and where efficiencies can be found, including EMS.

Budgets

- The EMS operating budget is $170.8 million: 1.8 per cent of the citys budget.
- The Toronto Fire Services' operating budget is $371.5 million: four per cent of the city budget.

By the numbers

855 Paramedics
152 Ambulances
45 Ambulance stations
18 Ambulances are in service on a typical day shift.

End pet licensing, city urged

Although pet and other licences bring in some cash to city coffers, a consultants' review suggests the red tape may not be worth it.

The report by consulting firm KPMG says the city should consider eliminating its long-criticized pet licensing program as well as some business licences "that do not clearly serve a public purpose."

Business licensing earns the city $6 million per year. The pet-licensing program alone brings in $660,000.

The city licenses more than 30 types of businesses, from grocery stores and parking lots to bowling alleys and coffee shops. The consultants do not say which of the businesses they believe do not need to be licensed.

While the consultants concede that reducing licencing "may not produce a net saving for the city," it would "reduce paper burden." Coun. Anthony Perruzza, a left-leaning member of the committee, said it would be "absolutely dumb" to eliminate money-makers. "I thought this was an exercise in achieving savings," he said.

But Coun. Cesar Palacio, the right-leaning chair of council's licensing and standards committee, said the city does not need "pet detectives peeking through people's windows."

He applauded the report for raising opportunities to "cut red tape that's costing Toronto residents a lot of money and aggravation."

Palacio was also open to the report's suggestion that the city seek savings in waste diversion enforcement. At present, a team of five employees is involved in compelling apartment buildings to recycle.

But he said he had not yet decided for himself which types of licences are unnecessary.

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Red tape review

Among the report's suggestions:

- **Eliminating pet licensing.** The consultants say its value is "not evident" because only 30 per cent of owned dogs and 10 per cent of owned cats are licensed.
- **Reorganizing the** licensing and standards department. Abandoning the current district-based structure in favour of a city-wide structure could save millions, Coun. Cesar Palacio says.
- **Ceasing to have city** employees pick up animals owners want to surrender, and having residents bring their pets to a shelter.

1 news

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Officials meet with laid-off workers

About 1,400 call-centre employees dismissed without notice They describe sudden closings as savage

Quebec's labour standards board is investigating the sudden shutdown of call centres operated by U.S.-based IQT Solutions, which threw hundreds of workers out of their jobs without their final paycheque.

About 600 employees in Oshawa, Ont., and 600 more in Laval and Trois-Rivieres, Que., were told without warning to gather their personal belongings and leave the premises Friday.

The Quebec board could pursue legal action against the U.S.-based company for not paying workers their outstanding wages and other money owed under Quebec laws on layoffs.

Labour laws generally require employers to give two weeks' notice of a layoff and a minimum of four per cent of salary earned in the last year, generally considered vacation pay.

Officials from the Quebec and Ontario governments are meeting with reeling workers to discuss retraining and other options available to them.

Quebec Labour Minister Lise Theriault and Employment Minister Julie Boulet met with 140 workers at the IQT operation in Trois-Rivieres yesterday.

THE CANADIAN PRESS

Legal options

- Danielle St-Amand, a Liberal member of the legislature for the Trois-Rivieres region, said the government is looking at its legal options.
- She said foreign entrepreneurs who set up in Quebec have to respect their obligations.
- IQT Solutions had operated three centres in Canada before Friday.
- The U.S. company announced in June it would bring 900 jobs during the next five years.

VINCE TALOTTA/TORSTAR NEWS SERVICE

▶ IQT Solutions workers protest in Oshawa near city hall yesterday. They are demanding answers for why they're suddenly jobless and denied their final paycheques or vacation and severance pay.

Fatal crash closes all lanes of Hwy. 401

Lanes were closed at Dixie Rd. and the westbound Hwy. 401 express lanes yesterday after a three-vehicle collision, provincial police said.

A tractor trailer collided with a Nissan Xterra, pushing it into the path of another car just after 3:40 p.m., said Sgt. Dave Woodford.

The male driver of the Nissan Xterra was pronounced dead at the scene, he said. The male drivers of the truck and the other car were uninjured, and there were no passengers.

Earlier yesterday, a Dodge Caravan travelling eastbound on Hwy. 401 struck a cement barrier and rolled at about 3 p.m., police said. It collided with a Ford pickup truck at McLaughlin Rd.

The female passenger in the Caravan was airlifted to Sunnybrook hospital, where she was in critical condition, Woodford said. The male driver was taken to Credit Valley Hospital in Mississauga. His injuries are unknown, but believed to be serious.

The three occupants in the truck were also taken to Credit Valley Hospital. Their injuries are not considered life-threatening, police said.

The highway was closed for three to fours hours from Mavis Rd. to Hurontario St.

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Faith-based groups to protest Muslim prayers in north-end school

Several faith-based groups are planning to picket the Toronto District School Board's headquarters next week over its decision to allow Muslim prayers in a school cafeteria.

The Jewish Defence League of Canada, along with Christian and Hindu groups, say they will protest the controversial prayer sessions next Monday.

The prayer services at Valley Park Middle School in the city's north end have been going on for about three years.

A local imam leads the prayers in the school's cafeteria on Fridays.

The school started offering the services because Muslim students were missing classes in order to attend prayers at a nearby mosque.

The school board says only those students who wish to participate attend the service, and the costs are absorbed by the community.

The school board has said it is meeting its obligation to accommodate students' religious beliefs by offering more than 300 Muslim pupils a space to pray.

THE CANADIAN PRESS

Watchdog clears cops in death of Whitby man

Durham police had no involvement in the death of a Whitby man after his 13-month old baby girl was shot earlier this month, the province's Special Investigations Unit has ruled. The SIU, which is mandated to investigate incidents of fatality or serious injury during police calls, has ruled the death of Andre Hogg, 22, a suicide. Police found a 40-calibre handgun beside Hogg's body in the basement of a Clune Place home on July 4. His 13-month old baby suffered a non-life-threatening bullet wound in the incident. The SIU determined that no officers fired their guns during the incident.

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Drinking tea with killer pirates

Toronto author, 27, lived with parents before first visit to Africa
Book released today in the U.S.

The pirates were nervous. A rookie author — a white man from Canada — had unexpectedly arrived in their cliff-top Somali village to ask about the captured ship anchored offshore.

Locals fearing a showdown quietly melted away into a small collection of shacks.

The encounter with the deadly gang forms the final chapter of The Pirates of Somalia: Inside Their Hidden World, a first-of-its kind book that saw Toronto-born author Jay Bahadur live among the pirates.

"They were paranoid beyond belief. They thought I was a CIA agent," the tall, softly spoken writer told The Associated Press. "I thought they were going to shoot us."

Sweating with heat and nerves, Bahadur questioned the pirates and secretly filmed them before being whisked off by his own gang of armed bodyguards.

Bahadur spent months in Somalia at a time when pirate attacks were skyrocketing in both frequency and violence. His book takes readers through the evolution of the pirate groups from garrulous, self-proclaimed vigilantes who claim they are protecting Somalia's waters from illegal fishing vessels to the deadly criminal gangs they are today.

Dangerous seas

- Pirates have turned dangerously violent over the last year, as spiraling ransoms attracted ruthless criminals to a trade once dominated by aggrieved local fisherman.
- Hijacked crew members have been tortured and ships set on fire.
- In February, pirates hijacked a yacht and killed the four Americans aboard.

The author had never been to Africa before.

"I was frantically making friends on the plane and I was going to beg one to take me home if no one was there," he said.

But the bodyguards he had arranged for picked him up, and after a few shaky starts Bahadur is calling on pirates at home, wearing local robes and indulging in local pastimes such as chewing on narcotic khat leaves and gossiping about women and guns.

In a trip to the pirate stronghold of Eyl, Bahadur discovers pirates who are afraid of phantom U.S. navy divers and believe in psychic powers. He also finds that many widely held beliefs about pirates are wrong, including allegations that they are controlled by international criminal cartels, have alliances with Islamist rebels or use sophisticated intelligence networks. Such assumptions help shape the multibillion-dollar fight against piracy.

"You have a lot of people with agendas making claims that aren't backed up by anything," he said. "I actually met these people and spoke to them. Most of them had no idea of the outside world."

Bahadur discovers that though pirates were paid a $1.8 million ransom to release the Victoria — the ship he sees in Eyl — the guards on board made only $12,000 each, which averaged out to about $10.40 an hour. The biggest share went to the investor backing the pirate team.

The high risks — of arrest, injury or death — that the low-ranking pirates take for a relatively small cut of the ransom remind him of teenage drug dealers on the corners of American streets.

By the end of the book, the young author is forced to confront the new generation of pirates, gunmen from the interior drawn by the lure of riches and controlled by wealthy financiers. During the tense back-and-forth on the Somali cliff top, a pirate insists that his hostages are being so well-fed that they would prefer to stay captive. Bahadur later learns one hostage is already dead, another gravely wounded.

"I had had the distinct impression that the Dhanane gang would have been as perfectly at ease with slaughtering their captives as ransoming them," he wrote. "Later, when reading news of the casualties the crew had suffered, I was struck by the chilling realization that I had shared tea with murderers."

These men, Bahadur concludes, are the future of piracy. THE ASSOCIATED PRESS

JASON R. ZALASKY/U.S. NAVY/GETTY IMAGES FILE

▶ Somali pirates head for shore in this file photo. Toronto-born author Jay Bahadur spent months interviewing pirates for his book, The Pirates of Somalia: Inside Their Hidden World.

"I was thinking I better get picked up at the airport because if I hadn't I would have been kidnapped in 30 minutes."
JAY BAHADUR, AUTHOR

World wishes Mandela happy 93rd birthday

Former president Nelson Mandela spent his 93rd birthday with friends and relatives in his rural hometown yesterday, as South Africans paid tribute to the anti-apartheid icon through song and community service projects.

Millions of South African schoolchildren began their day by singing a special version of "Happy Birthday" To Mandela, leading a worldwide chorus of birthday wishes.

U.S. President Barack Obama called Mandela "a beacon for the global community, and for all who work for democracy, justice and reconciliation."

South Africa's current president, Jacob Zuma, also paid a visit to Mandela in his home village of Qunu, some 1,000 kilometres south of Johannesburg.

People around the world were asked to mark his birthday by giving 67 minutes of their time to work in their local community — one minute for every year of Mandela's public service.

Nazly Mayet, a Johannesburg mother of four, brought her children to a local community hall after school to play with disadvantaged children from nearby shelters.

"Being South African means volunteering your time on Mandela Day," she said.

THE ASSOCIATED PRESS

PETER MOREY PHOTOGRAPHIC/THE ASSOCIATED PRESS

▶ Former president Nelson Mandela, second from left, with his former wife Winnie Madikizela-Mandela, right of Mandela, watch as extended family look at Mandela's birthday cake in Qunu, South Africa yesterday.

Prison to president

- Mandela became South Africa's first black president in 1994 after spending 27 years in prison for his fight against racist apartheid rule. He was awarded a Nobel Peace Prize for his efforts.
- His public appearances have become increasingly rare, though he did appear at the closing ceremony of the World Cup last year.

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Driver courtesy tossed out car window: Survey

Some 75 per cent of Canadian motorists say other drivers are rude, incompetent Experts call for return of the simple hand wave

DARRYL DYCK/THE CANADIAN PRESS

▶ A motorist uses a cellphone with a dog on her lap while driving across the Lions Gate Bridge into Vancouver. In a new survey by the Canadian Automobile Association, Canadians say drivers are more annoying than they were five years ago.

Are motorists doing more irritating things than ever? Is the traffic "thank you" wave dead?

Drivers polled for the Canadian Automobile Association think so. The survey, released yesterday, found three out of four Canadians feel drivers are showing more annoying habits today than they were five years ago, compared to just two per cent who said other drivers have grown less irritating.

Research by the Insurance Corporation of B.C. also shows driver courtesy is eroding, said ICBC psychologist John Vavrik.

"People generally feel there's a lack of courtesy, there's a lot of anger out there and people are concerned about running into aggressive drivers," he said.

"The odds are that if we're civil to other people, most — not all — but most, will be civil back."
IAN JACK, SPOKESMAN, CANADIAN AUTOMOBILE ASSOCIATION

Topping the list of bad manners in the CAA survey are road rage and being cut off in traffic, with 86 per cent citing those behaviours. Texting or talking on the phone, tailgating, failing to use signals and tossing trash out the window also rank high on the list of irritations.

"They're all the sorts of things that we were told when we took driving lessons, or did our driving test and first got our licence, that we really shouldn't do," said Ian Jack, a CAA spokesman.

The problem is so pronounced in B.C. that ICBC launched an advertising campaign reminding people to indicate their gratitude for a traffic kindness.

"We're tying to resurrect the wave," Vavrik said of the simple tip of the hand that is increasingly rare on Canadian roads.

It's not just an issue of bad manners. Vavrik said hot-headed drivers are impaired because they don't recognize hazards and make poor judgments.

It's a problem that could lead to injury or even death, Jack said.

"These habits that seem a little bit uncivil are the same ones that could lead you or your loved ones to be killed one day," he said. "This isn't a matter of wearing white gloves and extending your pinky as you turn left and turn right. It's a matter of literally life and death for hundreds of Canadians every year."

THE CANADIAN PRESS

Big win, Large heart: Jackpot donor dies

MICHAEL GORMAN/THE CANADIAN PRESS

▶ Allen and Violet Large after their win in 2010

A Nova Scotia woman who made headlines around the world for giving away most of a multimillion-dollar lottery win has died.

Violet Large died Saturday at a hospital in Truro at the age of 79. Large and her husband, Allen, won $11.2 million in a Lotto 649 jackpot last year. But rather than spend their winnings, the Lower Truro couple quietly gave away most of the fortune to family, friends, churches, charities, fire halls and hospitals where Large was treated for ovarian cancer.

After their win, the Larges said they were content to continue living in their tiny 147-year-old house.

They said they weren't "travellers" or "bar-hoppers" and had decided a week before collecting their cheque to give most of the money away.

THE CANADIAN PRESS

Sight gone for good

A University of British Columbia graduate student whose eyes were gouged in an attack during a trip home to Bangladesh will not see again, doctors say.

Rumana Monzur, 33, was attacked in June during a trip home to Dhaka, Bangladesh. Her husband is in custody.

She returned to Vancouver this month for medical treatment, but a statement from the university says after four surgeries, doctors have determined her injuries cannot be repaired.

THE CANADIAN PRESS

Show must go on: Bluesfest

The executive director of Ottawa Bluesfest says he's looking at a closer liaison with the weather office after a violent gale that toppled the main stage on Sunday.

"Definitely, it's something we're going to be looking into," Mark Monahan said, adding the festival routinely monitors the weather, but the weekend incident was a freak.

The festival can't stop every time the weather deteriorates, Monahan said.

THE CANADIAN PRESS

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Tabloid hacking scandal heats up

- Upheaval triggered in upper ranks of U.K. police
- Billions knocked off value of Murdoch's News Corp.

Britain's tabloid phone-hacking scandal enveloped the London police force yesterday with the rapid-fire resignations of two top officers and claims of possible illegal eavesdropping, bribery and collusion. U.K. officials immediately vowed to investigate.

Prime Minister David Cameron, feeling the political heat from his own close ties to individuals within Rupert Murdoch's media empire, cut short his trip to Africa and called an emergency session of Parliament for tomorrow to address lawmakers on the scandal.

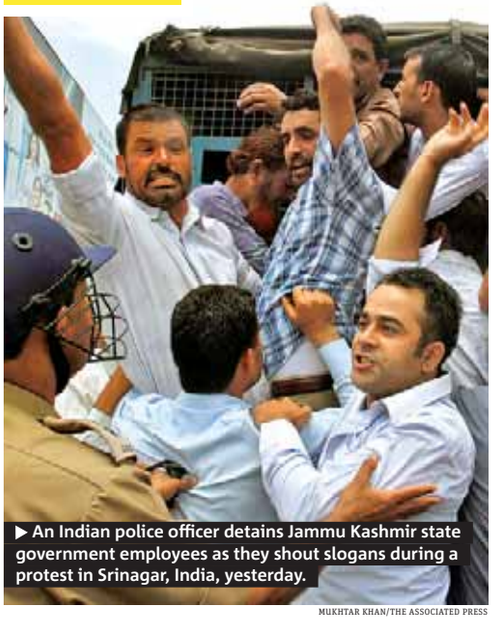
U.K. lawmakers will grill Murdoch, his son James and Rebekah Brooks, the ousted chief executive of Murdoch's U.K. newspaper arm, in a widely anticipated televised public hearing on the scandal today. Lawmakers hope to learn more about the scale of phone hacking by U.K. journalists and who — if anyone — in Murdoch's empire was aware of what allegedly took place at the now-defunct News of the World tabloid.

Assistant Commissioner John Yates — Scotland Yard's top anti-terrorist officer — and police Chief Paul Stephenson have resigned for links to an arrested former executive from Murdoch's News of the World tabloid. THE ASSOCIATED PRESS

Whistleblower

- One of the whistleblowers on the phone hacking — former News of the World journalist Sean Hoare — was found dead yesterday northwest of London.
- Police said the death was being treated as unexplained but was not considered suspicious.
- Hoare was quoted by The New York Times as saying that phone hacking was widely used and even encouraged at the News of the World under then-editor Andy Coulson, who was arrested as part of the hacking investigation.

Demands. Up



▶ An Indian police officer detains Jammu Kashmir state government employees as they shout slogans during a protest in Srinagar, India, yesterday.

MUKHTAR KHAN/THE ASSOCIATED PRESS

State workers cry out

India's Jammu Kashmir state employees demanded payment of arrears in salaries, raising of retirement age and other demands.

Second arrest for Iranian blogger

A dissident Iranian actress and blogger was arrested as she prepared to leave for Germany to write a blog for the Deutsche Welle radio station about the women's soccer World Cup, the semi-official ISNA news agency said yesterday.

THE ASSOCIATED PRESS

Pegah Ahangarani, 27, was arrested last week, ISNA said, citing the prosecutor's office in Tehran. She had been arrested briefly in 2009 after the disputed presidential elections over charges of playing a role in the post-election riots. The broadcaster urged Iranian authorities to release her. THE ASSOCIATED PRESS

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FRANKLIN TEMPLETON INVESTMENTS

Canada back on track with China

Relationship has solid footing but more work to be done: Analysts Tories criticized for letting ties slip

ANDY WONG/THE ASSOCIATED PRESS

Canadian Foreign Minister John Baird, left, is greeted by his Chinese counterpart Yang Jiechi during his visit to China's Foreign Ministry office in Beijing yesterday.

Foreign Affairs Minister John Baird says relations with China continue to improve and he hopes for increased investment and trade in the future.

Baird is in Beijing on his first visit to China as foreign minister. He says he discussed trade, investment and human rights issues during his meeting with Yang Jiechi, his Chinese counterpart.

The situation between China and Canada has improved in the last two years, but analysts say that progress has simply healed the wounds inflicted by the Tories between 2006 and 2009.

"We're basically back to where Canada was in 2005, trying to make sense of what a strategic partnership with China might be," said Paul Evans, an Asian issues expert at the Liu Institute for Global Issues in Vancouver.

Baird said he sees engagement and discussion as the keys to continuing to improve relations between the two countries.

THE CANADIAN PRESS

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Facebook photo leads to alligator warning

An eastern Ontario police chief is warning area residents to be cautious when dipping their toes in a local creek.

Police in Stirling-Rawdon, northwest of Belleville, have released a photo of what appears to be a small alligator in the mill pond in Stirling. The blurry photo was taken Friday and posted on Facebook.

Chief Brian Foley says the public should use caution around the pond and eastward up Rawdon Creek until the animal is removed or the photo proven false.

The Ministry of Natural Resources is investigating.

Anyone spotting the reptile is urged to call Stirling-Rawdon police or the provincial ministry.

"It's something you take seriously," Foley said yesterday. THE CANADIAN PRESS

MARY ALTAFFER/THE ASSOCIATED PRESS

▶ A New York City police officer with a bomb sniffing dog patrols at a Times Square subway station in New York on July 1.

N.Y. on alert for subway attack

Experts say system is vulnerable New normal includes bomb-sniffing dogs, cameras, warnings

Since terrorists brought down the twin towers on Sept. 11, 2001, subways have been bombed in terror attacks across the world, including in Madrid, London and this spring in Minsk, Belarus.

The possibility that New York's sprawling, porous and famously gritty subway system could be next has become a constant worry.

5.2M New York's subway system carried 5.2 million riders last year on the average weekday — more than double the number of travellers who pass through U.S. airports each day.

Authorities here believe a serious attack on the 24-hour subway system, with more than 400 stations, would potentially cripple the city in ways worse than the Sept. 11 attack — a concern shared in other countries reliant on mass transit and viewed as enemies by terrorists. THE ASSOCIATED PRESS

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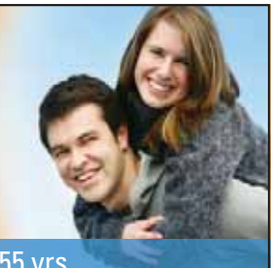

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RETIREMENT SAVINGS

Feds start Canadian pension plan tour

The federal government is launching a cross-country tour to discuss the potential for pooled registered pension plans as another option to help Canadians save for retirement.

The plans would give small businesses and self-employed people more resources to set up retirement programs for employees by allowing employers to pool money with other employers.

Finance ministers first agreed to examine the potential for the plans, called PRPPs at a December 2009 meeting on pensions in Whitehorse, as part of a report that noted Canadians may not be saving enough for their retirement.

Pooled plans would be managed by a regulated financial institution, which would decrease the cost for a small employer.

The government has said a high level of regulatory harmonization across federal and provincial governments will be required to increase the scale of such plans.

Potential tax changes to accommodate those plans would be developed and implemented by the federal government.

The plan would be a big boost for banks, insurance companies and other financial institutions, who stand to gain new business. Many of them have been proponents of the creation.

Critics say pooled plans would leave out too many people because contributions would be voluntary. THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar	Oil	Natural gas 1,000 cu ft	Gold contracts
- 45.40 (13,254.14)	- 0.50¢ (104.29¢ US)	- $95.93 US ($1.31 US)	$4.524 (+ 1¢)	$1,602.40 (+ $12.30)

DAVID COOPER/TORSTAR NEWS SERVICE

▶ TTC passengers line up for shuttle buses in Toronto. During the first quarter of the year, overall employment in the city rose by just under two per cent, with many of the jobs being of relatively high quality. More than 80 per cent of the increase in employment over the past quarter was in full-time positions.

T.O. top performer: Report

Kitchener shows strong labour force Winnipeg steadily improving

A vibrant labour and housing market has pushed Toronto to the top of CIBC's list of best-performing Canadian metropolitan economies, according to a report released yesterday.

Kitchener, ranked second, was followed by Winnipeg, Regina and Montreal.

The bank's Canadian Metropolitan Economic Activity Index found the economy in Canada's largest city is firing on multiple cylinders, driving it to the top spot among the country's biggest 25 cities.

Its first-place ranking is largely due to its vibrant labour and housing market, CIBC deputy chief economist Benjamin Tal wrote in the report.

Toronto's robust activity has outpaced the national average by a wide margin, he said.

Meanwhile, the real estate market remains one of the hottest in the country, with housing starts nearly doubled from the same period last year. Population growth is also among the highest in Canada.

Regina continues to experience a growing population and job market, with the second-lowest employment rate in the country and the lowest personal bankruptcy rate among urban centres.

Montreal topped CIBC's previous ranking but slipped to fifth.

St. John, N.B., Thunder Bay, Ont., and Saguenay, Que. posted negative growth. THE CANADIAN PRESS

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Oilsands can be sustainable, say energy ministers

- Rocky Mountain retreat to address energy strategy
- Looking to expand market for crude oil beyond U.S.

Energy ministers began meeting in Kananaskis, Alta., yesterday to start laying the groundwork for a national energy strategy, but there are widely diverging views about what such a policy should look like.

Federal Natural Resource Minister Joe Oliver and some of his provincial and territorial counterparts visited oilsand sites in Alberta on Sunday and Monday before heading to the Rocky Mountain retreat.

Oliver said the tour reinforced his view that the oilsands can be developed in a sustainable way, and doing so is a "tremendous" benefit to Canada.

"If it's just an excuse for more global warming from more oil expansion ... then it will be a bunch of empty talk."
AD BY ENVIRONMENTAL GROUPS

"The government of Canada and my provincial colleagues are concerned that we exploit this resource in a socially and environmentally acceptable way, but that we do exploit it for the benefit of Canadians," Oliver said.

Meanwhile, a group of environmental groups took out a full-page ad in the western edition of The Globe and Mail newspaper, asking if the meeting would be "All Hat, No Cattle" — a metaphor for empty talk. **THE CANADIAN PRESS**

Robo. Signatures

▶ John O'Brien stands near copies of robo-signed signatures at his office in Salem, Mass.

STEVEN SENNE/THE ASSOCIATED PRESS

Tracking down mortgage fraud

John O'Brien, the Registrar of Deeds in Salem, Mass., said an investigation of more than 710,000 documents in his office found that 25,187 homeowners in the county, or about 3.5 per cent, have paperwork on file with signatures he believes are fraudulent.

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HERE'S TO 250 KM WORTH OF MEMORIES

SHE SAYS ...

JESSICA NAPIER
METRO

After 14 years, my parents are finally giving up their ancient minivan and upgrading to something a bit more appropriate for their retiree years. And as much as I hate that rusting seven-seater beast, I'm also bit nostalgic.

I found myself getting strangely emotional as the "$250 or best offer" ad went up on Craigslist. In saying sayonara to that minivan, I'm hammering another nail into the coffin of my youth. And so, I thought it only fitting to write a proper eulogy:

Chevrolet Venture, Forest Green
August 1997 – July 2011

I remember the day we brought you home, all shiny and full of promise. Those automatic sliding doors and rear headphone jacks were the epitome of automobile innovation in the mid-90s. You were never cool, but as a 12-year-old I thought you were a pretty big deal.

I crawled across those seats thousands of times as you shuttled us to school dances and part-time jobs at the mall. Your roomy interior was perfect for a date at the drive-in or an out-of-town tennis tournament.

There have been signs that this day would come: Broken power doors, failed air conditioning, a glove compartment sealed with duct tape. Finally, with windows jammed shut and a tendency to overheat on the highway, you've become a hazard.

You gave me my first taste of independence as I sat behind the wheel and learned how to drive.

When Mom and Dad were out of town, you took us to the liquor store so we could buy hard lemonade with our fake IDs.

You were there when I packed up my childhood in laundry baskets and moved to university. I slumped against your weathered exterior and held back the tears as I told my parents to leave because they were embarrassing me.

You came back for me when I had to move home and look for a job, and again when I moved to my grown-up apartment in the city. You were old and slow at that point, but my god you could carry a lot of boxes.

You've grown tired over the years — two kids, multiple moves and endless trips to IKEA have taken a toll on your once state-of-the-art interior. There have been signs that this day would come: Broken power doors, failed air conditioning, a glove compartment sealed with duct tape. Finally, with windows jammed shut and a tendency to overheat on the highway, you've become a hazard.

It's hard to say goodbye to something that's been around for over half of my life, even if that thing is a piece of scrap metal. But alas, the time has come.

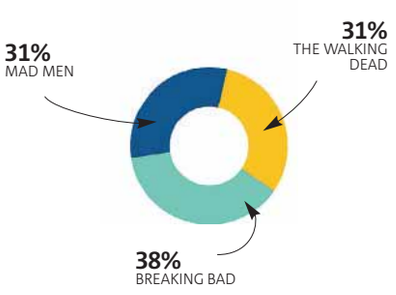
Here's to 250 kilometres and over a decade of memories. Rest in pieces, old friend.

Read more of Jessica Napier's columns at metronews.ca/shesays

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Welcome back, Breaking Bad. Which is the better AMC drama?



Local tweets

- **@jimprall:** Bribery lobbyist? Can I get that job? Phone hacking: Murdoch paid $1mil. to US anti-bribery law lobbyists
- **@joshmcconnell:** Wow. #Toronto seems to be having problems driving today. Almost every major freeway or highway has accidents, including 401 shut down twice.
- **@conormlynch:** @Lulzsec takes on #Murdoch, #newscorp the Sun has been hijacked!
- **@pcresswell:** If they can't get Murdoch in jail after this, that man is truly untouchable.
- **@bubblybhave:** It's like a freakin primetime movie! NoW phone-hacking whistle-blower Sean Hoare found dead
- **@mhaddy:** Is it just me or does this whole News of the World and phone hacking scandal have all the cliches of a Hollywood movie?
- **@weatherman_23:** Seems like #Toronto and the #GTA are in a "donut hole". Rain all around us, but here!
- **@emileenim:** Just had an amazing chat about art and live theatre with a used bookstore owner. #willowbooks on #bloor. I love #toronto

Worth Mentioning

RECORD. The culmination of the Women's World Cup final between Japan and the United States set a new record for tweets per second, eclipsing recent news events such as the wedding of Prince William and Kate and the death of Osama bin Laden.

Japan twice came from behind to draw 2-2 with the U.S. after extra time before winning a penalty shootout on Sunday in Frankfurt, Germany, and lifting the trophy for the first time.

The exciting climax drew 7,196 tweets per second, according to Twitter. Paraguay's penalty shootout win over Brazil in a Copa America quarter-final later the same day came close to beating it with 7,166 and is now second on the list.

The previous record of 6,939 was set just after midnight in Japan on New Year's Day. Other spikes include bin Laden's death (5,106 per second) and the Super Bowl in February (4,064).

Sunday's record-breaking figures reflect a sharp rise in Twitter usage. Its users now send 200-million tweets per day, compared to 10 million two years ago.

THE ASSOCIATED PRESS

Cartoon by Michael de Adder

WEIRD NEWS

Watch out — these condiments are hot

Austrian police say thieves have made off with an unusual heist —21 tonnes of mustard and ketchup.

The loot was in a semitrailer parked in a lot over the weekend northwest of Vienna.

Police say the truck driver showed up yesterday to deliver his cargo only to see the trailer missing.

Police assume the thieves were more interested in the trailer than its contents.

Authorities had no price tag for the stolen condiments but said the trailer was worth about 15,000 euros — more than $20,000 US.

THE ASSOCIATED PRESS

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2 scene

Ja Rule sentenced

Rapper and actor Ja Rule was sentenced yesterday to more than two years in federal prison for failing to file income tax returns, and said a combination of youthful inexperience, bad advice and an inability to manage fame and fortune lead to his financial troubles.

"I in no way attempted to deceive the government or do anything illegal," he said, minutes before being sentenced in a New Jersey federal court.

"I was a young man who made a lot of money — I'm getting a little choked up — I didn't know how to deal with this and didn't have people to guide me, so I made mistakes."

THE ASSOCIATED PRESS

Charlie Sheen to return in new sitcom based on the film Anger Management

Chris Evans vs. the world

Captain America star chats with Metro about the pressure of fame and the comforts of home

NED EHRBAR
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Chris Evans know his life is changing, and he's been trying to prepare for it.

With the release of Captain America: The First Avenger, the Boston native is experiencing a new level of visibility, with his face on posters, billboards and toys around the world. Metro sat down with the charming and affable Evans for a candid chat about being a superhero, getting advice from Iron Man and going home again.

So now that the big week is here, how has it been?

It's been OK, it's been OK. I think in my head I made it a lot worse than it was going to be, preparing for the worst. We'll see if things change when the movie comes out. Hopefully it won't, hopefully things will stay the same. I like my privacy. It's not like I don't leave the house. I just like kind of being able to do normal things. I like being able to go to a farmers market or a gym or a grocery store, you know what I mean?

Is it weird to have the movie opening the same weekend as Comic-Con?

If the fan reaction is good, it'll be great. If the fan reaction's not good it could be a wildfire of disaster. You never know with these things. They're so picky, and you just want to make sure they're happy, because without them, we don't make these movies.

And now you're playing Captain America again in the Avengers, which is currently in production. How is it reprising the role so quickly?

HANDOUT

▶ Chris Evans stars in Captain America: The First Avenger, a film based on a comic series published by Marvel Comics.

I mean, it is what it is, and I obviously would've liked more of a break, but no such luck. So you know, you deal with it. It's OK. I mean, I don't know. There are certain things that you struggle with, and then you have to stop yourself and say, "Wait a minute, but Chris, this really is such an insignificant obstacle, let's not make a meal out of it." So reprising the role is no problem, it's no problem. Loving every second of it.

And now you're part of an ensemble, with Robert Downey Jr. as Iron Man, Chris Hemsworth as Thor, Mark Ruffalo as the Hulk...

I love being part of an ensemble.

If I had my way, I'd only do ensemble movies. I love having a group and a team. It's just a more fun experience for me when there's a bunch of us to share it with.

You've mentioned that Robert Downey Jr. has been giving you lots of advice.

He's the best, man. He's given me a few pieces of wisdom. I've talked to him about stress and insecurity and the stuff that I struggle with when it comes to doing interviews and dealing with celebrity, and he said, "Look Chris, the way you cope with this is by talking about it. The healthiest thing you can do is bring it to the surface. Don't try to deal with it on your own." He's got a very healthy sense of wisdom about him. He's been through a lot.

You played a great parody of a conceited movie star in Scott Pilgrim vs. the World. What do you do to make sure that you never become like that yourself?

(laughs) That's a good question. I've got a great group of friends and family. I know it's a cliché answer, but it's true. My friends and family are just fantastic. They're all back in Boston, and they all just keep you grounded.

Now that you've bought a home in Boston, how much time do you still have to spend in L.A.?

Well, none if I don't want to. It's up to me how much I want to pursue becoming a giant movie star. Some actors, they finish working and they get right back to the grind of finding their next gig. I don't know if I'll be that driven to find the next job right away. As soon as we finish Avengers, I'll probably go back to Boston for a while.

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Bieber, Gomez: Wedding crashers

Celebrity couple surprise guests at a Malibu wedding after hearing One Less Lonely Girl

GETTY IMAGES

▶ Justin Bieber and Selena Gomez

Justin Bieber and girlfriend Selena Gomez can reportedly add wedding crashing to their list of favourite activities as the pair dropped in on a fancy Malibu wedding over the weekend, according to TMZ.

Sources say Bieber and Gomez were strolling on the beach when they heard his song One Less Lonely Girl playing at a nearby reception, so they decided to drop in. Luckily, they were more than welcome.

"We just crashed it. We heard a party so we decided to just come. So let's party," Bieber told guests when the groom introduced him to the crowd.

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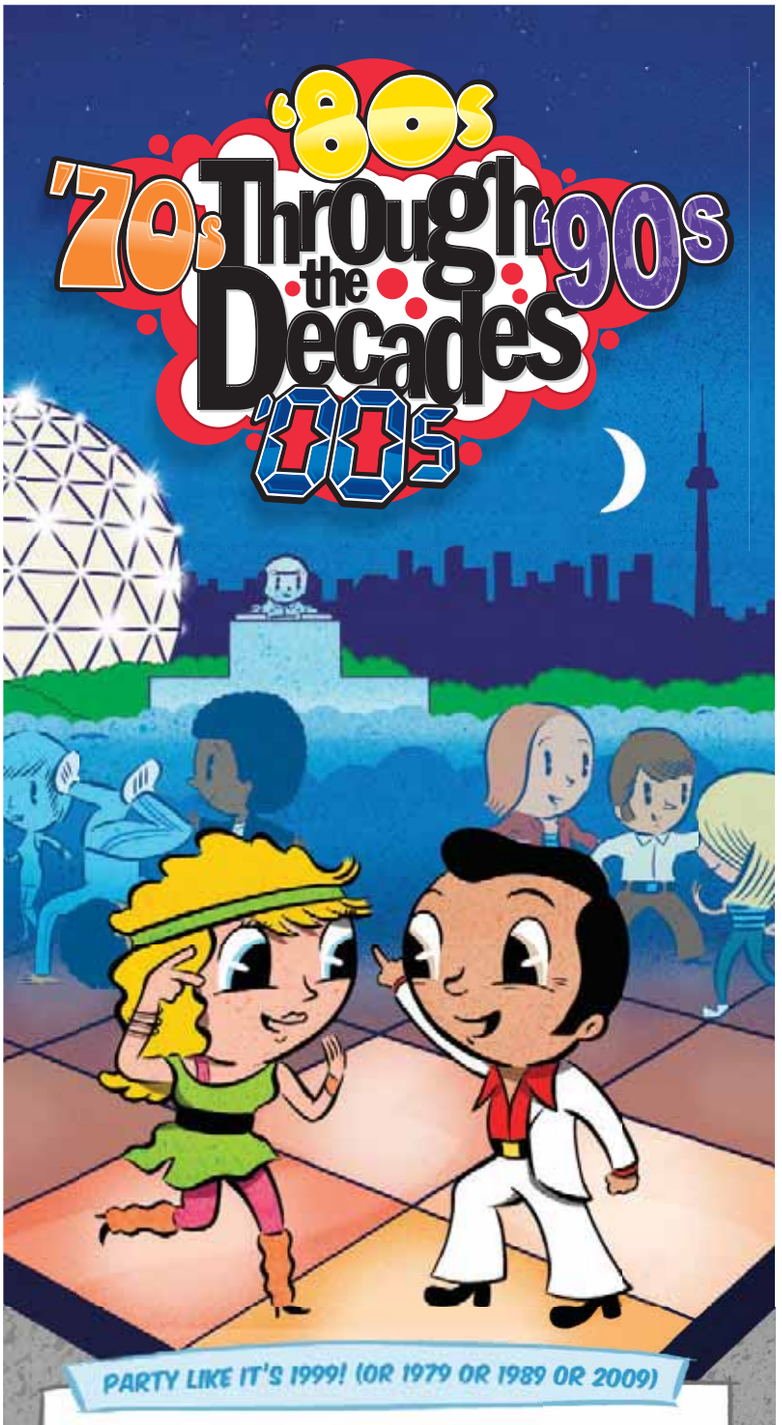

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Married men more likely to get checked after heart attack scare

ISTOCK PHOTO

▶ You no longer need to worry about eating before you swim.

Eat up and dive in

Dispelling the myths surrounding swimming and chowing down ◐ University swim coach encourages his team to fuel up before their workouts ◐ Veggies, fruit and dairy help muscles

CELIA MILNE
LIFE@METRONEWS.CA

Still waiting for an hour to swim after eating?

For decades, our mothers have been warning that we need time to digest our food before jumping in the water.

Are they right?

"It's an old wives' tale," says Mike Blondal, a kinesiologist and head coach of the University of Calgary Dinos swim team, the current men's and women's Canadian Interuniversity Sport champions.

"We encourage our kids to eat while training. They'll have power bars or a bowl of nuts and then swim," he says.

"They need this for recovery before the next workout."

To avoid food before swimming would not be practical for many of Blondal's swimmers.

"We have students who are in class all day. They eat a sandwich on the way to the pool and then they swim."

If they ate a very large meal before swimming, he admits, they might feel bloated during the workout, and it may affect their performance, but it wouldn't be dangerous.

"I am sure no one has died because they ate before they went swimming," says Blondal.

The Dietitians of Canada recommend eating a variety of foods to fuel a healthy active lifestyle. Vegetables and fruit, grains, and dairy products fuel active muscles.

Proteins such as meat and nuts, as well as milk, help to build and repair muscles after having a heavy workout.

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DAVE CHIDLEY/THE CANADIAN PRESS

▶ New technologies are helping MedicAlert better deliver information to first responders.

MedicAlert is going high tech

Innovations helping paramedics prepare for helping patients Mobile apps and USB keys among new tech

It's a decidedly low-tech method responsible for saving countless lives across the country.

But as it marks 50 years in use in Canada, the MedicAlert system is beginning to have high-tech applications.

MedicAlert began in the United States in 1953 as a scrap of paper pinned to a child's coat after she almost died from an allergic reaction to a tetanus shot.

It was brought to Canada in 1961 by Dr. Maureen Roberts, a Halifax pediatrician.

Since then it has morphed into a line of over 100 products, all featuring the iconic modified caduceus emblem, but the premise remains the same: giving people with complicated medical conditions a way to communicate with paramedics in case of a medical emergency.

The MedicAlert foundation estimates there are over a million users of the system in Canada. They pay a yearly membership fee and also the cost of the bracelet, anklets or other device.

Over the years, other options have emerged for people looking to find a way to store crucial medical information.

MedicAlert-style tattoos are growing in popularity, and the high-tech revolution hasn't exactly passed the idea by.

There are dog-tags fitted with USB keys to hold the data and applications for BlackBerrys and iPhones.

But there is a reason the bracelet system has endured, said J.P. Trottier, public education information officer for the Ottawa Paramedic Service.

"Technology fails sometimes, computers don't work, they don't boot up, scanners don't work," he said.

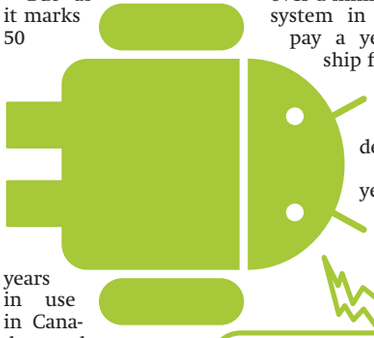
"So you know what, (MedicAlert) is low-tech, but it works."

Still, MedicAlert is expanding into the digital realm, not by changing the bracelets but how the information they link to can be used.

When someone subscribes to the system, they create a computerized file that contains all the data they'd like medical professionals to know in case of an emergency, often going farther than the few words they can inscribe on their bracelet.

A pilot project is ongoing in Nova Scotia that allows paramedics wireless access to that file via a tablet computer in their ambulance. By the time they arrive on the scene, they already know everything about the person they are there to see and meanwhile MedicAlert staff have phoned the person's emergency contact.

THE CANADIAN PRESS



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Men vs. women: the fat intruder

Women put on weight below the waist while men put on fat above Male fat can be far more dangerous

GETTY IMAGES

▶ Do you want an inflated tummy like this one?

ROMINA McGUINNESS
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

If we had to make two shape categories, men would be "apples" and women would be "pears."

Women tend to accumulate excess weight below the waist due to evolution as it helps to protect and help with fertility, pregnancy and the passing on of genes to the next generation.

Men store fat above the waist, which is mostly toxic as unlike women, there is nothing to be gained from it. Fat belly wont help you hunt for prey.

Fat below the waist is less harmful than above, where it can be a trigger for diabetes and heart disease.

However a man on a low carb diet will almost always lose the weight, as belly fat is not meant to be there, so it's easier to removed.

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ISTOCK

▶ Who isn't excited at the thought of a newborn baby?

Hi Charles the Butler! I'm due to have my first baby in a few weeks. It's the first baby in our family for the past 25 years, so I understand that everyone is excited. However, all my out-of-town family is now planning to visit for the birth and the weeks following. How do I tell them I'm more than happy they all want to be here, but that I need privacy for a few weeks to adjust to all of this? Wanting alone time with my baby

Dear Wanting alone time with my baby:

The birth of a new baby is an exciting event. Your somewhat overzealous family, however, is causing you anxiety. I think this is a job for the father-to-be to make some good-natured telephone calls. He should say how excited you both are at their interest and support, but until the birth has happened and everything is healthy and settled we are asking that everyone please show some patience before we visiting. The only person I think you should have in your home, other than your husband and new baby, is both of your respective mothers. Their assistance will likely allow you to get some much-needed sleep. Don't let other family members guilt you into letting them come before they are welcome. Stand firm.

HAVE A QUESTION? EMAIL AT ASKCHARLESTHEBUTER@METRONEWS.CA

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Rules of Neapolitan Pizza

Although Pizza e Pazzi adheres to the standards, other areas need work

LUNCH RUSH

STEPHANIE DICKISON
FOOD@METRONEWS.CA

According to the Associzione Vera Pizza Napoletana, the rules to making Neapolitan Pizza are: It must include wheat flour, natural Neapolitan yeast, salt and water and be baked 60-to-90 seconds at 905 F. It cannot have pineapple, substitutions or be half/half of anything.

Pizza e Pazzi, a new addition to St. Clair, adheres to these rules. We opt for a three-course lunch ($20) — appetizer, a choice of pizzas or pastas and cannoli for dessert. The lunch starts with Suppli Fritti — soggy deep fried risotto balls. The bruschetta topping on the side, however, is garden fresh.

Diavola (olive oil, spicy salami, mozzarella di bufala dap, basil) and Napoletana (anchovies, black olives, mozzarella, basil) soft, chewy crust pizzas are charred to perfection and deceivingly light. The cannolis are not — and that's a good thing.

The modern décor didn't help with the outrageous noise levels or the shoddy service, so get your pizza to go.

Pizza e Pazzi — Neapolitan Pizza
1182 St. Clair Ave. W.
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pizzaepazzi.ca
Reservations: Yes
Social lunch: Yes
Licensed: Yes
Rating: 2.5 out of 5

STEPHANIE DICKISON

▶ Diavola and Napoletana pizzas.

THE CANADIAN PRESS H/O

Thai Chicken Burger

Turn up the heat and combine frozen extra lean chicken burgers with a spicy peanut sauce, green onion, shredded carrot and chopped cilantro for a Thai-inspired meal.

Preparation:

1. In bowl, blend peanut butter with ketchup and chili pepper paste. Spread on hamburger buns. Grill burgers and top with green onions, carrots and cilantro to taste. **THE CANADIAN PRESS/ SOBEYS COMPLIMENTS BALANCE**

Ingredients:

- 45 ml (3 tbsp) peanut butter
- 15 ml (1 tbsp) ketchup
- 10 ml (2 tsp) chili pepper paste
- frozen chicken burgers

Garnish

- Chopped green onions
- Shredded carrots
- Cilantro sprigs

There's a fine art to complaining

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

I complain from time to time ... at restaurants, that is ... but I also offer compliments when they're due. Good restaurants appreciate this because it gives them an opportunity to fix a problem.

I know many people who've had a bad experience at a restaurant but don't say a word. They walk away grumbling, feeling they've wasted their money.

But the right word in the right ear can make everything so much better.

There's an art to complaining. Always try to be nice about it, and if there was something good about the meal, either the food or the service, mention that at the same time.

If you do it right, everyone leaves happy. Best of all, a well-handled complaint can be a teaching moment for your kids.

About 10 years ago I had dinner with my daughter, then around 16 years old, at an upscale family restaurant in California. The food was excellent and the young waitress worked hard to please us.

But, there was one small problem. My daughter hates onions on her hamburger, as we told the waitress, but when it arrived there they were. It wasn't a big deal; they were easily picked off.

I thought about letting it pass but elected to say something when the waitress asked us how we were enjoying the food.

"The food was great," I told her. "I know this isn't your fault but there were onions on the hamburger. She ate it anyway, but I thought you should know."

ISTOCK

▶ A complaint can help improve service.

The waitress thanked me and the next thing I knew the manager was telling me we wouldn't have to pay for the hamburger. I declined the offer because there was no harm done.

Of course, my daughter, being a teen, was mortified.

The waitress must have noticed because she took the time to thank me again for bringing it to her notice.

"It's important that the kitchen staff pay attention to the food orders," she said.

"What if it's an allergy issue and the person gets sick because the staff didn't look at the order?"

My daughter was a lot less mortified when the manager gave us two free pieces of chocolate cake. And the waitress received a good tip.

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TRANSPARENCY IS KEY WHEN ASKING TO TAKE SICK LEAVE

WORKPLACE LAW

DANIEL LUBLIN
DAN@TORONTO-EMPLOYMENTLAWYER.COM
TWITTER: @DANLUBLIN

There is a new war being waged in Canadian workplace law, and its battleground is not even a courtroom.

This conflict unfolds at doctors' offices when employees claim that they are too sick to work and employers stubbornly disagree.

The result is usually a letter-writing war between medical experts, insurance claims examiners and eventually the lawyers.

Employees are entitled to "accommodation" for illnesses and disabilities (even perceived ones), and employers must take all reasonable steps to comply.

Although the law may be clear-cut, the facts are seldom straightforward. A "headache" to one physician may be a chronic illness to another.

Given the potential for confusion, disputes often arise. When faced with a challenged sick leave claim, employees ought to do as follows:

Do not assume that your employer can read your mind. Put your request for a leave in writing and say that you will immediately visit your doctor to confirm your illness.

When you see your doctor, ensure that he or she provides a letter and one with a real explanation. The single most common cause of an incredulous employer is a medical note that simply states that you are "off work until further notice."

If you are too sick to do your job, your doctor must say that you cannot perform any work at all, even modified employment.

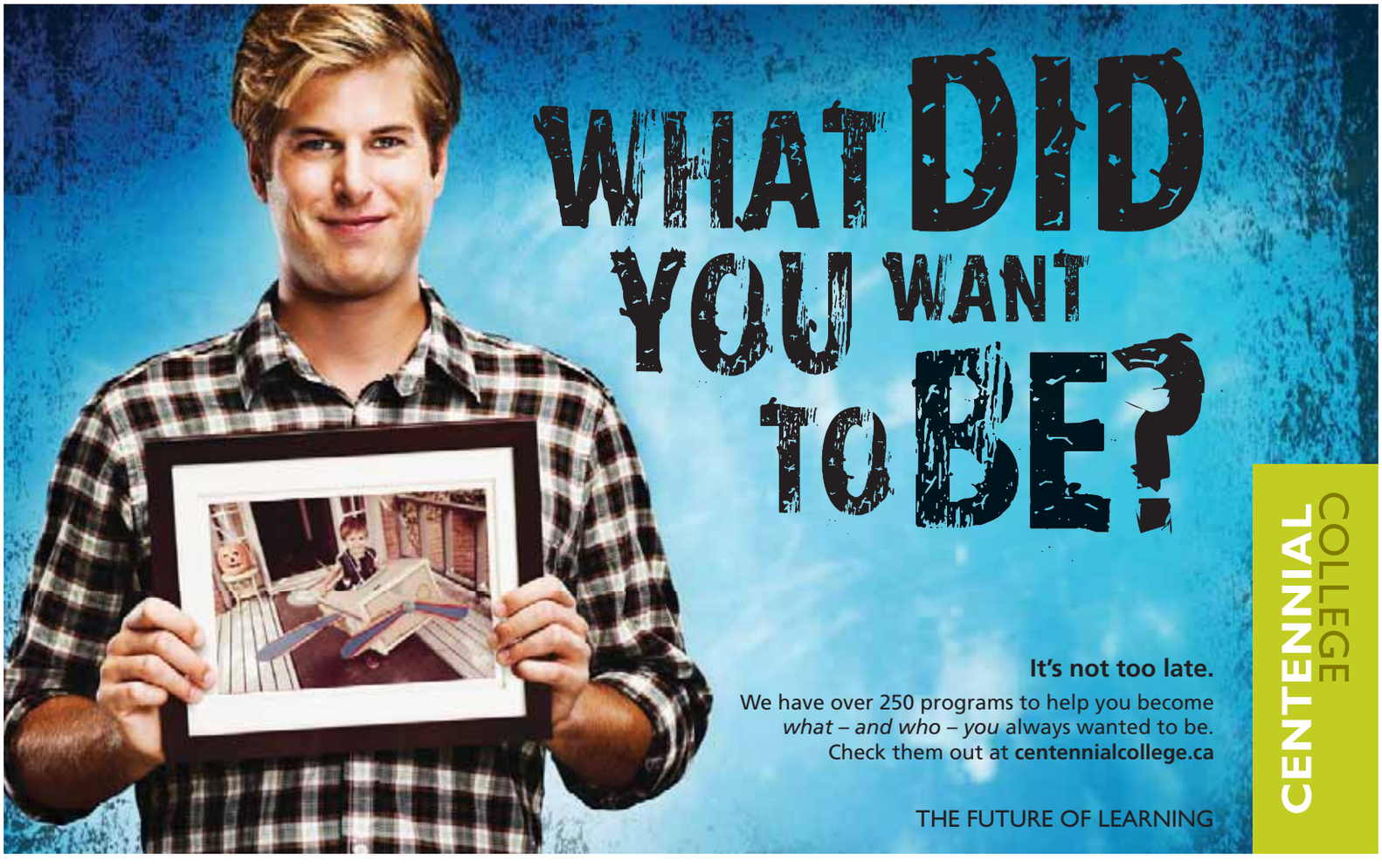
Do not rashly resist a request for better medical information. In my experience, employees too often refuse to provide further evidence that they are ill.

When they do so, they appear as if they are lying. While you do not need to disclose every detail about a medical condition, some details are necessary for the employer to determine how best to accommodate you upon your return to work.

If you are prescribed a medical treatment plan, follow it. I have seen many sick leave claims rejected because the employee refused or "forgot" to follow a doctor's instructions.

Do not consider sick leave an entitlement. It is something you must prove and keep in mind that an employer's willingness to grant your leave is often dictated by factors that have little to do with your health or condition.

DANIEL LUBLIN IS AN EMPLOYMENT LAWYER WITH WHITTEN & LUBLIN LLP.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Mid-season makeover

JAMIE SABAU/GETTY IMAGES

▶ Leandre Griffit is one of a number of players added by Toronto FC recently.

Toronto FC welcomes new faces ahead of FC Dallas game
Team has been off since July 9

There were plenty of introductions to be made yesterday as the latest batch of new Toronto FC players took the field.

While most of the MLS team took part in an open practice in suburban Oakville, some new faces worked out at BMO Field.

"We were all like 'My name is Leandre. How long have you been here? Ah two days. Oh me, just one day,'" said French midfielder Leandre Griffit, acquired from the Columbus Crew last week.

"So it was kind of funny. But football is an easy way to meet people. The atmosphere is really good after even one day. You can feel it because a good thing is going on here."

The other newcomers included English defender Andy Iro, also acquired from Columbus, Canadian midfielder Terry Dunfield from Vancouver, and Jamaican midfielder-forward Ryan Johnson from San Jose.

Newly acquired designated players Torsten Frings (Germany) and Danny Koevermans (the Netherlands) also worked out under the fierce sun by Lake Ontario.

The changes under Toronto coach Aron Winter have been fast and furious in recent days.

"I'm excited and I think it's exciting for the Toronto fans as well," said Iro. "Just a completely new lineup, it's almost like that second season."

Johnson also likes the quality of players coming into Toronto.

"I don't see why we can't go out here and win on Wednesday," said the Jamaican international.

Toronto FC (3-9-9), off since a 2-0 loss in Houston on July 9, returns to action tomorrow against visiting FC Dallas (10-5-5).

Griffit and Iro chafed under Columbus coach Robert Warzycha.

"I guess I can say whatever I want now and not be fined," Iro, who played 26 games last season and just four this year, said with a smile. "It was difficult. ... Coming into this season, there was a little bit of tension between me and the coach. And it just grew, and grew to a point where it was kind of untenable."

Iro asked for a trade, which didn't help the relationship either. But he says he learned from it.

"Honestly it was actually one of the better learning experiences I've had — just seeing how to be a professional even when the situation isn't how you like it."

THE CANADIAN PRESS

No Canada

Landon Donovan, David Beckham and Thierry Henry will lead the MLS roster that will play Manchester United in the league's all-star game.

▶ No members of Toronto FC or the Vancouver Whitecaps made the team

Jays activate Litsch, send him to minors

Jesse Litsch remains the odd man out in the Blue Jays rotation.

While all eyes are on all-star Jose Bautista's recovery from a sprained right ankle, perhaps in time for tonight's series opener against Seattle, the club had an important decision to make concerning Litsch, whose 30-day injury rehab stint was up. Under MLB rules, the team must recall the player or option him to the minors — they picked the latter, assigning the right-hander to triple-A Las Vegas.

Litsch, 26, went on the disabled list with a right shoulder impingement in May. He started a rehab assignment with class-A Lansing on June 17, and eventually moved to double-A New Hampshire and then Vegas.

Litsch is 4-3 with a 4.66 ERA through eight starts with the Jays this year, but all five spots in the big-league rotation are set at the moment. Jo-Jo Reyes, perhaps the only question mark, is out of minor-league options and would have to clear waivers to be demoted. It wasn't a gamble the Jays were willing to take.

As for home run king Bautista, the Jays hope he is healthy enough to return after missing three games with an ankle injury suffered Friday against the Yankees. The Jays were 1-2 without him.

Yunel Escobar has been the main man in his absence, batting third, and has reached base safely in 22 consecutive games.

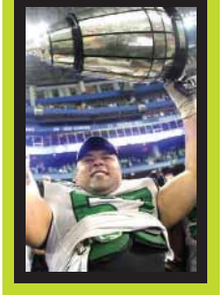
TORSTAR NEWS SERVICE

CHRIS TROTMAN/GETTY IMAGES

▶ Jesse Litsch

4 sports

Sports in brief



Tickets for the 100th Grey Cup next year will range from $150 to $399.

The CFL championship game is scheduled for Nov. 25, 2012, at Toronto's Rogers Centre.

Argos season ticket-holders will receive first crack at the 2012 Grey Cup, with access to their same seats or equivalent.

The tickets will cost $150, $199, $250, $325 and $399.

This year's Grey Cup will take place in Vancouver, with tickets ranging from $156 to $436.

THE CANADIAN PRESS

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MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	57	36	.613	—
New York	55	37	.598	1½
Tampa Bay	50	43	.538	7
Toronto	47	49	.490	11½
Baltimore	38	54	.413	18½

CENTRAL DIVISION

	W	L	Pct	GB
Cleveland	50	44	.532	—
Detroit	50	45	.526	½
Chicago	46	49	.484	4½
Minnesota	44	50	.468	6
Kansas City	38	57	.400	12½

WEST DIVISION

	W	L	Pct	GB
Texas	55	41	.573	—
Los Angeles	51	45	.531	4
Seattle	43	52	.453	11½
Oakland	42	54	.438	13

Yesterday's results
Cleveland 5 Minnesota 2 (1st game)
Boston at Baltimore
N.Y. Yankees at Tampa Bay
Chicago White Sox at Kansas City
Cleveland at Minnesota (2nd game)
Sunday's results
Detroit 4 Chicago White Sox 3
N.Y. Yankees 7 Toronto 2
Baltimore 8 Cleveland 3
Minnesota 4 Kansas City 3
Oakland 9 L.A. Angels 1
Texas 3 Seattle 1
Boston 1 Tampa Bay 0 (16 ings)
Tonight's games
Boston (Weiland 0-0) at Baltimore (Guthrie 3-13), 7:05 p.m.
Oakland (Moscoso 3-4) at Detroit (Porcello 8-6), 7:05 p.m.
Seattle (Pineda 8-6) at Toronto (Cecil 2-4), 7:07 p.m.
N.Y. Yankees (Colon 6-5) at Tampa Bay (Hellickson 8-7), 7:10 p.m.
Chicago White Sox (Peavy 4-3) at Kansas City (Duffy 1-4), 8:10 p.m.
Cleveland (Masterson 8-6) at Minnesota (Liriano 6-7), 8:10 p.m.
Texas (Ogando 9-3) at L.A. Angels (Chatwood 5-5), 10:05 p.m.
Tomorrow's games
Boston at Baltimore, 12:35 p.m.
Cleveland at Minnesota, 1:10 p.m.
Oakland at Detroit, 7:05 p.m.
Seattle at Toronto, 7:07 p.m.
N.Y. Yankees at Tampa Bay, 7:10 p.m.
Chicago White Sox at Kansas City, 8:10 p.m.
Texas at L.A. Angels, 10:05 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Philadelphia	59	35	.628	—
Atlanta	56	39	.589	3½
New York	47	47	.500	12
Washington	47	48	.495	12½
Florida	46	49	.484	13½

CENTRAL DIVISION

	W	L	Pct	GB
Milwaukee	51	45	.531	—
Pittsburgh	49	44	.527	½
St. Louis	50	45	.526	½
Cincinnati	47	48	.495	3½
Chicago	38	58	.396	13
Houston	31	64	.326	19½

WEST DIVISION

	W	L	Pct	GB
San Francisco	55	41	.573	—
Arizona	51	44	.537	3½
Colorado	45	50	.474	9½
Los Angeles	42	53	.442	12½
San Diego	41	55	.427	14

Last night's results
Cincinnati at Pittsburgh
Florida at N.Y. Mets
Philadelphia at Chicago Cubs
Washington at Houston
Atlanta at Colorado
Milwaukee at Arizona
L.A. Dodgers at San Francisco
Sunday's results
Philadelphia 8 N.Y. Mets 5
Cincinnati 3 St. Louis 1
Atlanta 9 Washington 8
Pittsburgh 7 Houston 5 (11 ings)
Florida 7 Chicago Cubs 5
Milwaukee 4 Colorado 3
San Francisco 4 San Diego 3 (11 ings)
Arizona 4 L.A. Dodgers 1
Tonight's games
Cincinnati (Leake 8-4) at Pittsburgh (Ja.McDonald 5-4), 7:05 p.m.
San Diego (Stauffer 5-6) at Florida (Ani.Sanchez 6-2), 7:10 p.m.
St. Louis (Lohse 8-6) at N.Y. Mets (Gee 8-3), 7:10 p.m.
Philadelphia (Cl.Lee 9-6) at Chicago Cubs (Garza 4-7), 8:05 p.m.
Washington (Zimmermann 6-7) at Houston (Happ 3-11), 8:05 p.m.
Atlanta (Beachy 3-1) at Colorado (Jimenez 5-8), 8:40 p.m.
Milwaukee (Gallardo 10-6) at Arizona (Enright 1-3), 9:40 p.m.
L.A. Dodgers (R.De La Rosa 3-4) at San Francisco (Bumgarner 4-9), 10:15 p.m.
Tomorrow's games
Cincinnati at Pittsburgh, 12:35 p.m.
Washington at Houston, 2:05 p.m.
Philadelphia at Chicago Cubs, 2:20 p.m.
L.A. Dodgers at San Francisco, 3:45 p.m.
San Diego at Florida, 7:10 p.m.
St. Louis at N.Y. Mets, 7:10 p.m.
Atlanta at Colorado, 8:40 p.m.
Milwaukee at Arizona, 9:40 p.m.

LATE SUNDAY

RED SOX 1, RAYS 0 (16 INGS)

Boston	ab	r	h	bi
Ellsury cf	8	0	0	0
Pedroia 2b	7	0	3	1
AdGnzl 1b	7	0	1	0
Youkils 3b	4	0	0	0
D.Ortiz dh	4	0	0	0
Sutton pr-dh	2	0	0	0
J.Drew rf	3	0	0	0
DMcDn ph-rf	1	0	0	0
Reddck lf	5	1	0	0
Varitek c	6	0	0	0
Scutaro ss	5	0	1	0
Totals	**52**	**1**	**5**	**1**

Tampa Bay	ab	r	h	bi
Damon dh	6	0	1	0
Zobrist rf	5	0	0	0
Longori 3b	5	0	1	0
Ktchm 1b	5	0	0	0
BUpton cf	6	0	0	0
Loaton c	3	0	0	0
Ruggin lf	3	0	0	0
SRdrgz 2b	6	0	1	0
Fuld lf	2	0	0	0
Joyce ph	1	0	0	0
Shppch c	2	0	0	0
Brignc ss	6	0	0	0
Totals	**50**	**0**	**3**	**0**

Boston 000 000 000 — 1
Tampa Bay 000 000 000 — 0
LOB—Boston 17, Tampa Bay 6. 2B—Pedroia (21). SB—Pedroia (17), Damon (8). S—Varitek, Shoppach.

Boston	IP	H	R	ER	BB	SO
Beckett	8	1	0	0	0	6
D.Bard	1	1	0	0	1	1
Albers	1 2-3	1	0	0	0	2
F.Morales	1 1-3	0	0	0	0	1
Aceves W,5-1	3	0	0	0	0	2
Papelbon S,21-22	1	0	0	0	0	1
Tampa Bay						
Niemann	8	2	0	0	2	10
Farnsworth	1	1	0	0	2	1
Jo.Peralta	1-3	0	0	0	1	0
Howell	2-3	0	0	0	3	0
McGee	1-3	0	0	0	1	1
J.Cruz	2-3	0	0	0	0	1
C.Ramos	1	0	0	0	0	0
B.Gomes	3	0	0	0	2	3
A.Russell L,1-2	1	2	1	1	1	0

T—5:44. A—21,504 (34,078).

AUTO RACING

NASCAR SPRINT CUP

MONEY LEADERS
(all figures in U.S. dollars)
1. Carl Edwards, US$5,427,417; 2. Kyle Busch, $3,654,892; 3. Kevin Harvick, $3,550,032; 4. Kurt Busch, $3,547,701; 5. Matt Kenseth, $3,527,372; 6. Jimmie Johnson, $3,428,622; 7. Clint Bowyer, $3,217,490; 8. Denny Hamlin, $3,141,968; 9. Jeff Gordon, $3,140,247; 10. Tony Stewart, $3,085,090.
11. Ryan Newman, $3,025,373; 12. Juan Pablo Montoya, $2,927,115; 13. Bobby Labonte, $2,676,453; 14. A J Allmendinger, $2,647,727; 15. Jamie McMurray, $2,640,154; 16. Marcos Ambrose, $2,616,617; 17. Regan Smith, $2,593,343; 18. David Ragan, $2,573,888; 19. Brad Keselowski, $2,548,958; 20. David Reutimann, $2,505,490.
POINTS LEADERS
Through July 17
1. Carl Edwards, 652p points; 2. Jimmie Johnson, 645; 3. Kurt Busch, 641; 4. Kevin Harvick, 637; 5. Kyle Busch, 632; 6. Matt Kenseth, 626; 7. Jeff Gordon, 587; 8. Ryan Newman, 586; 9. Dale Earnhardt, Jr., 577; 10. (tie), Denny Hamlin and Tony Stewart, 570.
12. Clint Bowyer, 542; 13. David Ragan, 524; (tie), 14. Kasey Kahne and Greg Biffle, 523; 16. A J Allmendinger, 515; 17. Juan Pablo Montoya, 511; 18. Joey Logano, 510; 19. Paul Menard, 506; 20. Mark Martin, 500.
21. Marcos Ambrose, 495; 22. Martin Truex Jr., 485; 23. Brad Keselowski, 475; 24. David Reutimann, 448; 25. Jeff Burton, 445; 26. Brian Vickers, 415; 27. Regan Smith, 410; 28. (tie), Bobby Labonte and Jamie McMurray, 400; 30. David Gilliland, 347.

CFL

WEEK FOUR

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Montreal	3	3	0	0	109	68	6
Winnipeg	3	2	1	0	66	53	4
Hamilton	3	1	2	0	59	55	2
Toronto	3	1	2	0	56	83	2

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Edmonton	3	3	0	0	103	55	6
Calgary	3	2	1	0	76	75	4
B.C.	3	0	3	0	75	97	0
Saskatchewan	3	0	3	0	56	114	0

Friday's game
All times Eastern
Hamilton at B.C., 10 p.m.
Saturday, July 23
Winnipeg at Toronto, 4 p.m.
Edmonton at Calgary, 7 p.m.
Sunday, July 24
Saskatchewan at Montreal, 7 p.m.

TENNIS

ATP BET-AT-HOME OPEN

At Hamburg, Germany
Yesterday's results
Singles
First Round
Sergiy Stakhovsky, Ukraine, def. Maximo Gonzalez, Argentina, 6-2, 6-3.
Jarkko Nieminen, Finland, def. Santiago Giraldo, Colombia, 6-4, 6-3.
Albert Ramos, Spain, def. Adrian Mannarino, France, 6-2, 6-4.
Bastian Knittel, Germany, def. Ivan Dodig, Croatia, 6-4, 6-3.
Victor Crivoi, Romania, def. Guillermo Olaso, Spain, 6-4, 6-3.
Carlos Berlocq, Argentina, def. Robin Haase, Netherlands, 6-2, 6-2.
Tobias Kamke, Germany, def. Pere Riba, Spain, 6-1, 6-1.
Lukas Rosol, Czech Republic, def. Potito Starace, Italy, 7-6 (5), 6-1.
Julian Reister, Germany, def. Denis Istomin, Uzbekistan, 6-3, 6-4.

WTA BAKU CUP

At Baku, Azerbaijan
Singles
First Round
Mariya Koryttseva, Ukraine, def. Elena Baltacha (6), Britain, 6-1, 7-5.
Galina Voskoboeva, Kazakhstan, def. Sofia Shapatava, Georgia, 6-0, 6-0.
Vesna Dolonts, Russia, def. Alona Bondarenko, Ukraine, 6-3, 6-3.
Doubles
First Round
Tetyana Arefyeva, Ukraine, and Anastasiya Yakimova, Belarus, def. Anastasia Pavlyuchenkova and Vera Zvonareva (3), Russia, 6-3, 6-3.
Daniella Dominikovic, Australia, and Noppawan Lertcheewakarn, Thailand, def. Ekaterine Gorgodze, Georgia, and Maria Zharkova, Russia, 7-6 (5), 4-6, 10-4 (tiebreak).
Nigina Abduraimova, Uzbekistan, and Kamilla Farhad, Azerbaijan, def. Sofia Kvatsabaia, Georgia, and Marina Shamayko, Russia, 6-4, 6-3.

ATP ATLANTA CHAMPIONSHIPS

At Norcross, Ga.
Singles
First Round
Somdev Devvarman (8), India, def. Ryan Sweeting, U.S., 6-4, 3-6, 6-4.
Michael Russell, U.S., def. Donald Young, U.S., 6-0, 6-3.
Gilles Muller, Luxembourg, def. Alex Bogomolov, Jr., U.S., 6-3, 7-6 (6).
Tatsuma Ito, Japan, def. Michael Berrer, Germany, 7-6 (6), 6-4.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Philadelphia	19	8	4	7	24	16	31
New York	21	6	4	11	34	24	29
Columbus	19	7	5	7	21	19	28
Houston	20	5	6	9	24	23	24
D.C. United	18	5	5	8	24	29	23
Kansas City	19	5	6	8	24	25	23
Chicago	20	2	6	12	20	25	18
Toronto	21	3	9	9	17	36	18
New England	19	3	9	7	16	27	16

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Los Angeles	21	10	2	9	27	16	39
Seattle	22	10	4	8	32	23	38
Dallas	20	10	5	5	26	19	35
Real Salt Lake	17	8	3	6	23	12	30
Colorado	21	6	6	9	25	27	27
San Jose	19	5	6	8	22	21	23
Chivas USA	20	5	7	8	24	23	23
Portland	18	6	9	3	22	31	21
Vancouver	20	2	10	8	19	28	14

Note: Three points for a win, one for a tie.
Sunday's result
Philadelphia 3 New England 0
Tomorrow's games
All Times Eastern
New England at D.C. United, 7:30 p.m.
Dallas at Toronto, 8 p.m.
New York at Colorado, 9:30 p.m.
Vancouver at San Jose, 10 p.m.
Columbus at Los Angeles, 10:30 p.m.
Saturday, July 23
Dallas at New York, 6 p.m.
Portland at Columbus, 8 p.m.
Toronto at Kansas City, 8:30 p.m.
New England at Colorado, 9 p.m.
San Jose at Real Salt Lake, 10 p.m.
Houston at Chivas USA, 10:30 p.m.

2011 FIFA WOMEN'S WORLD CUP

FINAL

Sunday's result
At Frankfurt
Japan 2 U.S. 2
(Japan wins title 3-1 on penalty kicks)

2011 COPA AMERICA

At Sites in Argentina

QUARTER-FINALS

Sunday's results
At La Plata
Brazil 0 Paraguay 0
(Paraguay advances 2-0 on penalties)
At San Juan
Venezuela 2 Chile 1

SEMIFINALS

Tonight's game
All Times Eastern
At La Plata
Peru vs. Uruguay, 8:45 p.m.
Tomorrow's game
At Mendoza
Paraguay vs. Venezuela, 8:45 p.m.

NASL

Sunday's results
Atlanta 2 Montreal 2
Tampa Bay 2 Edmonton 1
Puerto Rico 1 Minnesota 0
Tomorrow's game
All Times Eastern
Fort Lauderdale at Puerto Rico, 8:05 p.m.

GOLF

PGA FEDEXCUP LEADERS

Through July 17

	Points	Money
1. Nick Watney	1,798	$4,189,233
2. Steve Stricker	1,741	$3,497,523
3. K.J. Choi	1,561	$3,694,242
4. Phil Mickelson	1,531	$3,186,521
5. Bubba Watson	1,486	$3,064,485
6. Luke Donald	1,455	$3,550,248
7. Mark Wilson	1,365	$2,736,690
8. Matt Kuchar	1,306	$2,878,861
9. Webb Simpson	1,284	$2,557,043
10. David Toms	1,280	$2,920,730
11. Gary Woodland	1,275	$2,428,363
12. Brandt Snedeker	1,191	$2,392,395
13. Jason Day	1,181	$2,776,587
14. Dustin Johnson	1,170	$2,636,965
15. Fredrik Jacobson	1,166	$2,117,034
16. Martin Laird	1,165	$2,348,956
17. Jonathan Byrd	1,154	$2,358,204
18. Rory Sabbatini	1,153	$2,222,325
19. Aaron Baddeley	1,112	$2,329,848
20. Hunter Mahan	1,072	$2,181,312
21. Charl Schwartzel	1,034	$2,171,272
22. Bill Haas	958	$1,750,741
23. Charles Howell III	955	$1,763,768
24. Steve Marino	935	$1,821,556
25. D.A. Points	905	$1,719,033
26. Spencer Levin	904	$1,740,806
27. Chris Kirk	902	$1,730,397
28. Jhonattan Vegas	896	$1,586,468
29. Keegan Bradley	891	$1,822,168
30. Zach Johnson	855	$1,482,972
31. Ryan Palmer	853	$1,661,145
32. Jason Dufner	813	$1,678,060
33. Vijay Singh	799	$1,532,130
34. Y.E. Yang	782	$1,678,189
35. Ryan Moore	782	$1,520,023
36. Lucas Glover	767	$1,503,572
37. Justin Rose	760	$1,469,920
38. Brendan Steele	756	$1,460,104
39. Tommy Gainey	745	$1,457,851
40. Bo Van Pelt	744	$1,507,116
Also		
128. Stephen Ames	**289**	**$482,930**
131. David Hearn	**279**	**$417,594**

CYCLING

TOUR DE FRANCE

STANDINGS

Following Sunday's 15th stage
1. Thomas Voeckler, France, Europcar, 65 hours, 24 minutes, 34 seconds; 2. Frank Schleck, Luxembourg, Leopard-Trek, 1:49 behind leader; 3. Cadel Evans, Australia, BMC, 2:06; 4. Andy Schleck, Luxembourg, Leopard-Trek, 2:15; 5. Ivan Basso, Italy, Liquigas-Cannondale, 3:16; 6. Samuel Sanchez, Spain, Euskaltel-Euskadi, 3:44; 7. Alberto Contador, Spain, Saxo Bank Sungard, 4:00; 8. Damiano Cunego, Italy, Lampre-ISD, 4:01; 9. Tom Danielson, U.S., Garmin-Cervelo, 5:46; 10. Kevin De Weert, Belgium, Quick Step, 6:18.
11. Rigoberto Uran, Colombia, Sky Procycling, 7:55; 12. Jean-Christophe Peraud, France, AG2R La Mondiale, 8:20; 13. Rein Taaramae, Estonia, Cofidis, 9:02; 14. Pierre Rolland, France, Europcar, 9:20; 15. Haimar Zubeldia, Spain, RadioShack, 9:50; 16. Peter Velits, Slovakia, HTC-Highroad, 10:01; 17. Arnold Jeannesson, France, Francaise des Jeux, 10:05; 18. Nicolas Roche, Ireland, AG2R La Mondiale, 10:56; 19. Sandy Casar, France, Francaise des Jeux, 11:54; 20. Jelle Vanendert, Belgium, Omega Pharma-Lotto, 12:06.
Canadian — 32. Ryder Hesjedal, Victoria, Garmin-Cervelo, 25:18 behind.

TRANSACTIONS

BASEBALL

MLB—Announced Boston DH David Ortiz and Baltimore RHP Kevin Gregg had their four-game suspensions reduced to three games.

AMERICAN LEAGUE

BALTIMORE ORIOLES—Signed SS J.J. Hardy to a three-year contract extension. Placed RHP Alfredo Simon on the restricted list. Recalled 3B Josh Bell from Norfolk (IL). Selected the contract of RHP Mark Worrell from Norfolk. Recalled INF Josh Bell from Norfolk.
BOSTON RED SOX—Activated OF Carl Crawford from the 15-day DL. Optioned INF Drew Sutton to Pawtucket (IL).
CLEVELAND INDIANS—Placed OF Grady Sizemore on the 15-day DL. Recalled RHP David Huff from Columbus (IL).
NEW YORK YANKEES—Placed INF Ramiro Pena on the 15-day DL. Recalled INF Brandon Laird from Scranton/Wilkes-Barre (IL).
TAMPA BAY RAYS—Recalled C Robinson Chirinos, RHP Alex Cobb and LHP Alex Torres from Durham (IL). Designated RHP Adam Russell for assignment. Placed C Jose Lobaton and RHP Juan Cruz on the 15-day DL.
TORONTO BLUE JAYS—Reinstated RHP Jesse Litsch from the 15-day DL and optioned him to Las Vegas (PCL).

Contador has steep climb ahead

Defending champ running out of time at Tour de France

Alberto Contador knows he is running out of time, and stages, to close the gap on his Tour de France rivals.

The Spaniard's bid for a fourth Tour title has yet to get going as the race enters its final week, a combination of bad luck and a niggling knee injury conspiring to make it difficult for him to launch his trademark attacks in the mountains.

"This is probably the hardest Tour I've done. I have lost a lot of strength since the beginning," Contador said yesterday on the Tour's second rest day. "It's true that without the time loss from the first stage I would be in a good position to win the Tour, and (just) waiting for the last time trial."

LAURENT CIPRIANI/THE ASSOCIATED PRESS

"Without the time loss from the first stage I would be in a good position to win the Tour ..."
ALBERTO CONTADOR

Contador must first find a way to claw back a four-minute deficit on race leader Thomas Voeckler, as well as the time lost to Andy and Frank Schleck of Luxembourg and two-time runner-up Cadel Evans of Australia.

After 15 of 21 stages, seventh-place Contador trails Frank Schleck by 2:11, Evans by 1:54, Andy Schleck by 1:45 and Ivan Basso by 44 seconds.

Contador and his Saxo Bank team have no choice but to be aggressive in the high climbs of the Alps this week.

Tomorrow's 17th stage from Gap to Pinerolo features only one category 1 ascent and won't be as testing as the excruciating climbs Thursday and Friday that will leave riders exhausted before Saturday's 42.5-kilometre time trial.

Stages 18 and 19 feature enormous treks up Col du Galibier, Col d'Izoard and L'Alpe d'Huez.

THE ASSOCIATED PRESS

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Paris & London Travel Aug 30 - Sep 7/ts Toronto – Paris // London – Toronto	$147	+ taxes & fees $522
Jamaica Travel Aug 28 - Sep 4/wg	$155	+ taxes & fees $338
Costa Rica Travel Oct 24 - Oct 31/wg	$165	+ taxes & fees $309
New York Travel Aug 3 - Aug 10/ac	$198	+ taxes & fees $117
Boston Travel Aug 3 - Aug 10/ac	$198	+ taxes & fees $122
Vienna & Glasgow Travel Aug 1 - Aug 8/ts Toronto – Vienna // Glasgow – Toronto	$249	+ taxes & fees $522
Los Angeles Travel Aug 17 - Aug 24/dl	$439	+ taxes & fees $131

Europe

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Varadero 7 Nights 4-Star *Arenas Doradas* Departs Aug 11/swg/wg.	$485	+ taxes & fees $280
Panama 7 Nights 4-Star *Royal Decameron Golf, Beach Resort* Departs Aug 29/nol/c6.	$569	+ taxes & fees $312
St Maarten 7 Nights 4-Star *Sonesta Maho Beach* Departs Sep 2/vat/ts.	$674	+ taxes & fees $311

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Rogers Cup a litmus test for Clijsters

Kim Clijsters has been hampered by injuries in 2011, but the Belgian tennis star sees the Rogers Cup as a chance to get back on track.

The 28-year-old is set to return to competitive tennis at Rexall Centre next month after battling two separate injuries.

And Clijsters says the Toronto tournament in August is a stepping stone in preparation for the U.S. Open.

"In my situation now, every tournament where I decide to go, I want to have a good tournament," Clijsters said on a conference call yesterday. "(The Rogers Cup) is going to be an important test when I get out there."

After beating Li Na to win the Aussie Open in January, Clijsters hurt her right ankle in April while dancing at a wedding.

Ranked No. 2 in the world, Clijsters played at the French Open this spring but wasn't sharp, losing in the second round.

The two-time defending U.S. Open champion hurt the same foot last month at the Unicef Open in the Netherlands.

With many of the top women's tennis players scheduled to be in Toronto, Clijsters is eager to see how her foot and ankle hold up.

"I'm obviously going to have to pay attention if I have intense matches," Clijsters said. "But I hope in the next three weeks I can get to Toronto without even worrying about my foot too much." THE CANADIAN PRESS

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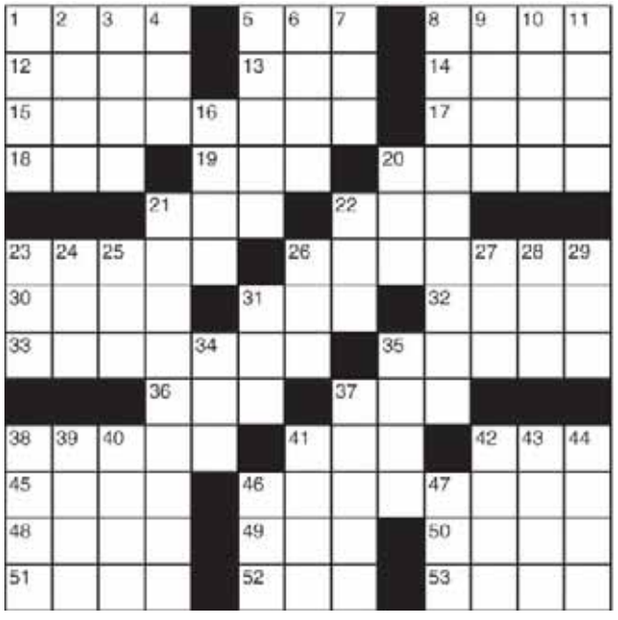

Across

1 Completely occupy
5 Bashful
8 Taxis
12 Vicinity
13 Started
14 Fairy tale baddie
15 Hides
17 Tide type
18 Halves of ems
19 Tear
20 No liability
21 Prisoner
22 Insecticide letters
23 Choir members
26 Interpret wrongly
30 Bridle strap
31 Peace (Lat.)
32 Very unattractive
33 The Alamo, e.g.
35 Range
36 Explosive letters
37 Write in the margins
38 Hybrid eating utensil
41 Triumphed
42 Luau bowlful
45 Arizona tribe
46 Solidifies
48 Oil cartel
49 In vitro cells
50 Billion (Pref.)
51 Fender bender
52 Affirmative
53 Black and white?

Down

1 Confront
2 Press
3 Camera part
4 Fond du —, Wis.
5 Dispatched
6 Aid
7 Football meas.
8 Build
9 A very long time
10 Highland hillside
11 Labor Day mo.
16 Love god
20 Billboards
21 Squeeze
22 New Jersey fort
23 Upper limb
24 Floral garland
25 "— the season ..."
26 Fellow
27 Id counterpart
28 Swiss mountain
29 Colouring agent
31 Cauldron
34 Tattooist's supply
35 Melody
37 Surname of singing siblings Joe, Nick and Kevin
38 Not barefoot
39 Vatican VIP
40 Remove the lid
41 Used a loom
42 Twosome
43 Gymnast Korbut
44 "— a Little Prayer"
46 Demure
47 Silly Putty container

▶ Monday's answer

Sudoku

		4	7		2	6		
	9	5		1			4	
7		2				1	5	3
4			6		9			7
	6			7			3	
8			2		3			5
1	4	6				3		9
	2			3		5	8	
		8	9		7	4		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Monday's answer ▶

3	8	6	1	9	2	7	4	5
9	4	2	3	7	5	6	1	8
7	5	1	8	4	6	2	9	3
5	2	7	4	1	9	3	8	6
6	1	8	2	3	7	9	5	4
4	3	9	5	6	8	1	2	7
1	9	3	7	5	4	8	6	2
8	7	4	6	2	1	5	3	9
2	6	5	9	8	3	4	7	1

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GRANDMA PATTIE

Hon, how much I missed you and miss you, do you have any clue? There is not a single second I don't think about you. How are you my love?
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Today's horoscope

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♈ Aries March 21-April 20 Don't take risks today, and especially don't take risks with your money.

♉ Taurus April 21-May 21 If you step out of line today there will be someone waiting to pounce on your mistake.

♊ Gemini May 22-June 21 You don't need to push your luck today, you just need to be yourself.

♋ Cancer June 22-July 22 Steer clear of extremes.

♌ Leo July 23-Aug.23 You can, of course, get what it is you desire through sheer force of personality, but a better way by far is to get it through charm and cooperation.

♍ Virgo Aug. 24- Sept. 22 You may have done something wonderful (you often do) but resist the urge to brag about it.

♎ Libra Sept. 23-Oct. 23 No matter how lucky you feel you must not take foolish risks, because once you start you won't be able to stop.

♏ Scorpio Oct. 24-Nov. 22 You want to be trusting, you want to believe that people won't let you down, but your suspicious nature won't allow it.

♐ Sagittarius Nov. 23-Dec. 21 Everyone has faults, even a Sag, and there is no shame in admitting that fact to yourself.

♑ Capricorn Dec. 22-Jan. 20 Listen to what your sixth sense is trying to tell you, even if your logic circuits can make no sense of it.

♒ Aquarius Jan. 21-Feb. 18 Decide what your priority is going to be and stick with it come what may.

♓ Pisces Feb. 19-March 20. Don't let it annoy you that some people question the things you most deeply believe in.

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